

BREASTFEEDING CAN FIT INTO YOUR LIFE FROM SOMEONE WHO KNOWS

I don't always eat right. Should I breastfeed?

Eating for breastfeeding is not much different from eating while pregnant. Some women worry that how they eat might effect their milk. I learned that I make enough good milk for my baby, even when I don't eat "right." I feel better when I make healthy choices, like water or juice instead of soda or coffee.

Breastfeeding doesn't have to change the way you eat. My baby doesn't care what I eat. If my baby is fussy, I think about the foods I've eaten in the last 24 hours. If I've eaten something different or a lot of one food, I avoid this food or eat it in smaller amounts to see if this helps.

What if I smoke? Can I drink alcohol and breastfeed?

I quit smoking cigarettes when I found out I was pregnant because it was healthier for my baby and me. If you smoke, smoke after breastfeeding your baby and smoke away from your baby. My family and friends also smoke in another room or outside to protect my baby.

The American Academy of Pediatrics says that one or fewer drinks a day has not been found harmful to the breastfeeding baby. If I were to drink a lot, or often, that would be a problem. The amount of alcohol in my breastmilk is about the same as my blood level. I wait 3 hours for each ounce of alcohol I drink before breastfeeding my baby. I feed her milk I expressed before drinking alcohol and throw out all milk I express during this time.

What if I get sick or need a medication?

I can still breastfeed when I have a cold, flu or most other illnesses. My milk helps keep my baby healthy. Most medications can be taken if necessary, but check with your doctor first. **Women who are HIV infected should not breastfeed.**



TALK TO THE PEOPLE WHO KNOW HOW TO BREASTFEED

Talk to the people who are important to you and your baby about the benefits of breastfeeding and how it works. Talk to friends or family who enjoy breastfeeding their babies. They can give a lot of helpful tips.

Some people may try to convince you not to breastfeed for their own reasons. Remember, this is your baby and only you can decide how to feed her. If you choose to breastfeed, it will be for good reasons.

Mothers Feel Good about Breastfeeding

Breastfeeding Mothers say...

"I feel I have a special relationship with my children, a closeness that will last beyond childhood."

"I am giving my child more love, attention, and better nutrition than I got when I was young."

"Breastfeeding is a special time that only I can enjoy with my baby. My baby really loves her mommy!"

"I am proud to be breastfeeding. I feel like I'm doing a mature and responsible thing."

"My baby really knows me because I breastfeed. When I come home from school or work, my baby is really excited to see me!"

Finally!

*Answers to my breastfeeding questions
from someone who knows*



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